

# O4 – New multi-lingual learning package providing training for all people having contact with people living with dementia

*The following site contains the education and training developed by CASCADE:*

<https://cascade-educationandtraining.weebly.com/>



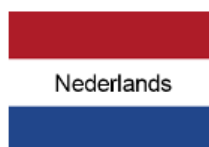
## Welcome to CASCADE/Welkom bij CASCADE/Bienvenue sur CASCADE

Communities are made up of so many different people, some of whom are people living with dementia.

People living with dementia are vulnerable to various forms of abuse, harm and neglect. Living well with dementia in our communities requires cultivating personal relations within the wider social environment to establish a feeling of safety and belongingness.

Our website will help you to understand what dementia is and how you can make your community more dementia friendly.

Click on the flag of your country to explore what information and training is available to you in your own language. Klik op de vlag van uw land om te zien welke informatie en opleidingen er in uw eigen taal beschikbaar zijn. Cliquez sur le drapeau de votre pays pour découvrir les informations et les formations qui vous sont proposées dans votre langue.



## I. Structure

Landing page	Short welcome in different languages "click on the language"/ flag / button to go to homepage in your language 4 → buttons to go to webpage per region/language (UK, Flanders, The Netherlands and France)
4 homepages (similar type of text)	General information about CASCADE & Video about the model About this website (namely information and training material)
Webpages	<p>Menu for going to webpages different target groups</p> <ul style="list-style-type: none"> <li>- I'm a person living with dementia (link to others, tourism offer, ...)</li> <li>- I'm a healthcare or social care worker (Frontline healthcare and professionals working with people living with dementia - associated professionals (eg. dentists))</li> <li>- I'm a family member or friend Informal carers</li> <li>- Other relevant professionals designing services for people living with dementia (e.g. town planners, architects)</li> <li>- I'm a trainer or educator Organisations providing training</li> <li>- I would make my community dementia inclusive :</li> <li>- *I'm a member of the public ????? – I want basic understanding - Wider community/general public</li> <li>- *I'm a policy maker (I would like to make my community DFC) Tourism</li> </ul> <p>Contact details / contact us</p>

## II. Screenshots of the training resources

# Community Areas of Sustainable Care And Dementia Excellence in Europe

### What is CASCADE?

CASCADE promotes the independence of people with dementia to live in their communities for as long as possible.



You can access information on:

- the CASCADE ways of working (the model of care)
- training for healthcare professionals
- links to organisations with a wealth of information and support available
- hints and tips on how you can make your community more dementia friendly
- the CASCADE tourism accommodation

If you wish to implement the CASCADE ways of working, the following manual gives you guidance and the steps to take:

 [Co-creating a CASCADE based facility](#)  
Download File

Choose from the options below to access the information most relevant to you...

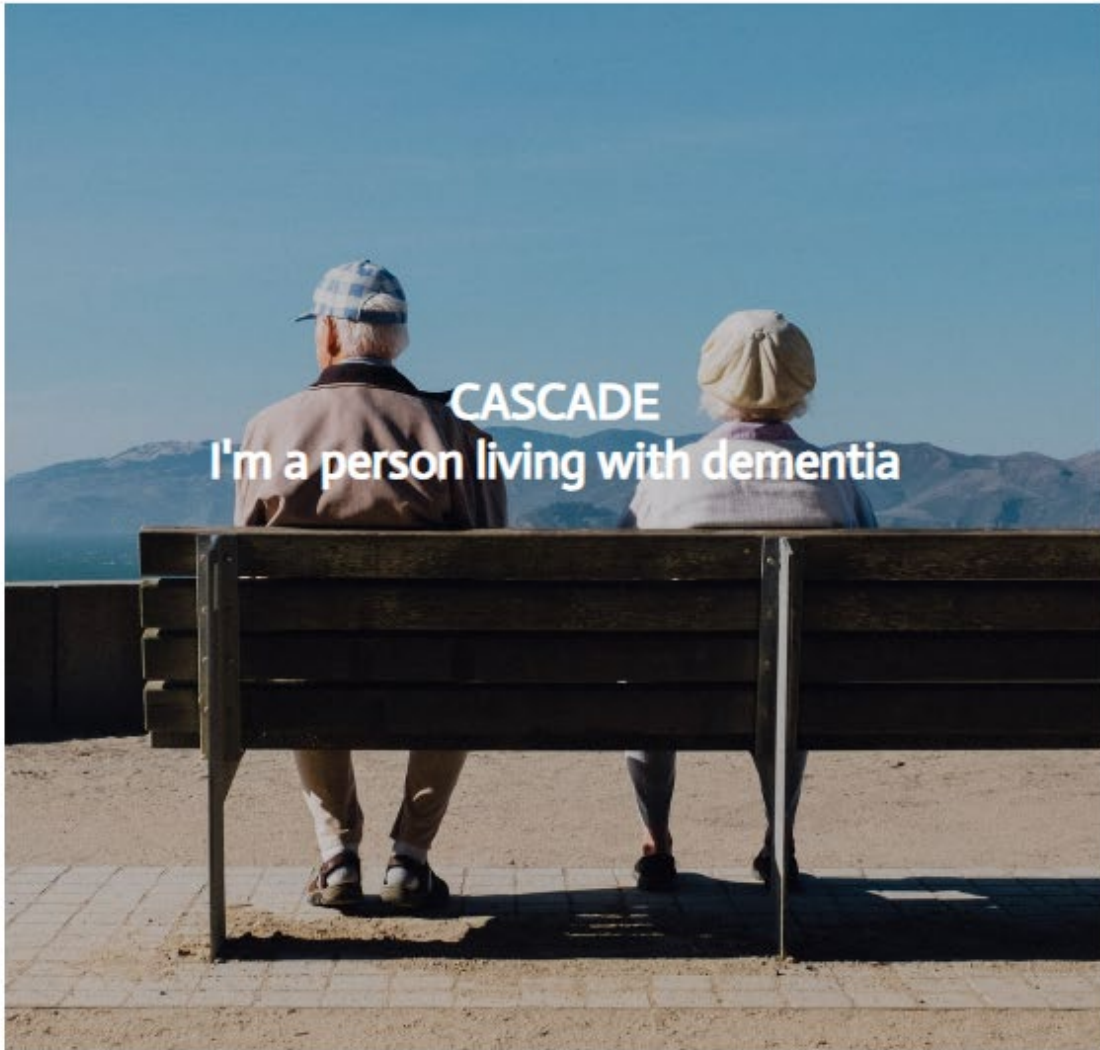
**I'M A PERSON WITH DEMENTIA**

**I'M A FAMILY MEMBER OR FRIEND**

**I'M WORKING IN DEMENTIA CARE SERVICES**

**I'M A TRAINER OR EDUCATOR**

**I'D LIKE TO MAKE MY COMMUNITY DEMENTIA INCLUSIVE**



### How CASCADE can help you...

If you are a person with dementia, your care needs to be flexible to maximise your independence. CASCADE aims to provide the means for you to remain integrated within your community, living the life that you wish with the support you want.

CASCADE facilities move the focus away from the traditional caring role and the support you receive will empower you, putting your individual choices, needs and preferences at the centre of the support. Facilities are located in Dover (the Harmonia Village) and Medway (Harmony House) in the UK, and Kortrijk (Zorggroep H. Hart) and Helst-op-den-Berg (Woonzorg Ten Kerselaere) in Belgium.

More information about the offer at each of the facilities can be found on their websites:

The Harmonia Village

Harmony House

Woon- en zorghotel H. Hart

Woonzorghuis Ten Kerselaere

### Support services and contacts

There are many services available to help you understand your journey with dementia. These may include NHS services, Local Authority services, support from voluntary, community and charity organisations as well as local support on your doorstep.

#### Alzheimer's Society

From day one of dementia, we'll be right here with you. For support and advice. For campaigning, and one day, for a cure.  
<https://www.alzheimers.org.uk>

#### Dementia Friends

Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia.  
<https://www.dementiafriends.org.uk>



## CASCADE I'm a family member or friend

### How CASCADE can help...

Unlike traditional medical methods of caring for people with dementia, CASCADE takes a more holistic approach and focuses on the individual and provides person centered care.

A person with dementia requires flexible care to maintain their independence, enabling them to respond to their changing needs at different points in time. At present, care is either limited at home or all-encompassing in an establishment. CASCADE facilities provide the means for people living with dementia to remain integrated within the community, living the life that they wish with the support they want.

There are two CASCADE facilities within the UK, the Harmony Village in Dover and Harmony House in Rochester.

The Harmony Village consists of six detached homes each with five bedrooms, a lounge, dining room, kitchen and bathroom for people living with dementia, alongside a community hub building which has six flexible purpose guesthouse style rooms, a community cafe and meeting space. The meeting space is multi-purpose and can be divided into smaller spaces or one large space providing the flexibility for multiple activities e.g. training, community groups/activities.

Harmony House provides guesthouse style rooms, allowing for respite care. It provides personally tailored support and rehabilitation that meets the needs of the individual, whatever they might be. Social activities are on offer giving the opportunity to meet new people and try something new.

There are also two CASCADE facilities in Belgium, Zorghuis H. Hart in Kortrijk and Woonzorg Tien Kerkeleers in Halst-op-den-Berg. More information about the offer of each of the facilities can be found on their websites:

Woon- en zorghuis H. Hart  
Woonzorghuis Tien Kerkeleers

The CASCADE model of care has a focus on community integration and works to reduce (get rid of any stigma attached to dementia. It means not just saying you are doing things differently and putting people's individual choices, needs and preferences at the centre of the care, but actually living it. The unique approach of CASCADE provides you and your loved ones with the support and flexibility needed in every day life.

### Support services and contacts

There are many organizations and services that can help and support the journey with dementia. These may include NHS services, Local Authority services, support from voluntary, community and charity organisations as well as local support on your doorstep.

Alzheimer's Society

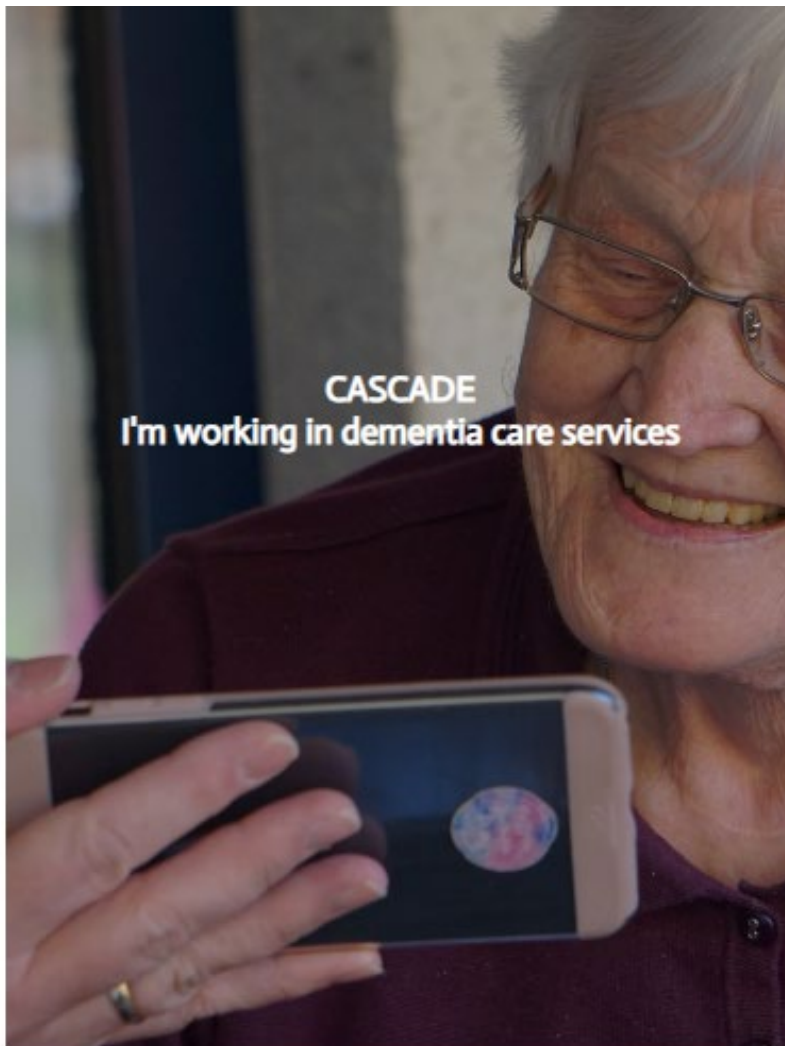
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Dementia UK

Dementia UK is a charity that provides Admiral Nurses for families affected by dementia.



## CASCADE I'm working in dementia care services

### *CASCADE - an innovative approach to maximise independence and quality of life in community based dementia care*

This section includes resources and training to understand the CASCADE ways of working...the CASCADE model of care.

People living with dementia need flexible care to maximise their independence, enabling them to respond to their changing needs at different points in time. At present, care is either limited at home or all-encompassing in an establishment.

The CASCADE model aims to provide the means for people living with dementia to remain integrated within the community, living the life that they wish with the support they want.

CASCADE creates a culture where questions are encouraged and solutions sought together.

A number of principles of the model are:

- The CASCADE model of dementia care moves the focus away from the traditional caring role and moving towards an enabling role for staff leading to empowerment for the person living with dementia.
- The CASCADE model of care always strives towards making the model fit the person not the person fit the model.
- The focus in organisations that work according to the CASCADE model of care is on living with dementia, not giving up on life following diagnosis.
- The CASCADE model of care has a focus on community integration and works to reduce/get rid of any stigma attached to dementia.
- An essential aspect is listening to people and investing in getting to know the person, so they only need to tell their story once.
- To make it possible for people living with dementia to continue to be integrated in community, the CASCADE model of care provides the necessary education and training, available to all and not just for health professionals.
- Working within the CASCADE model of care means not just saying you are doing things differently and putting people's individual choices, needs and preferences at the centre of the care, but actually living it.
- In addition to the person with dementia, the CASCADE model focuses on all relatives involved. This group is called 'People Living With Dementia'.

